

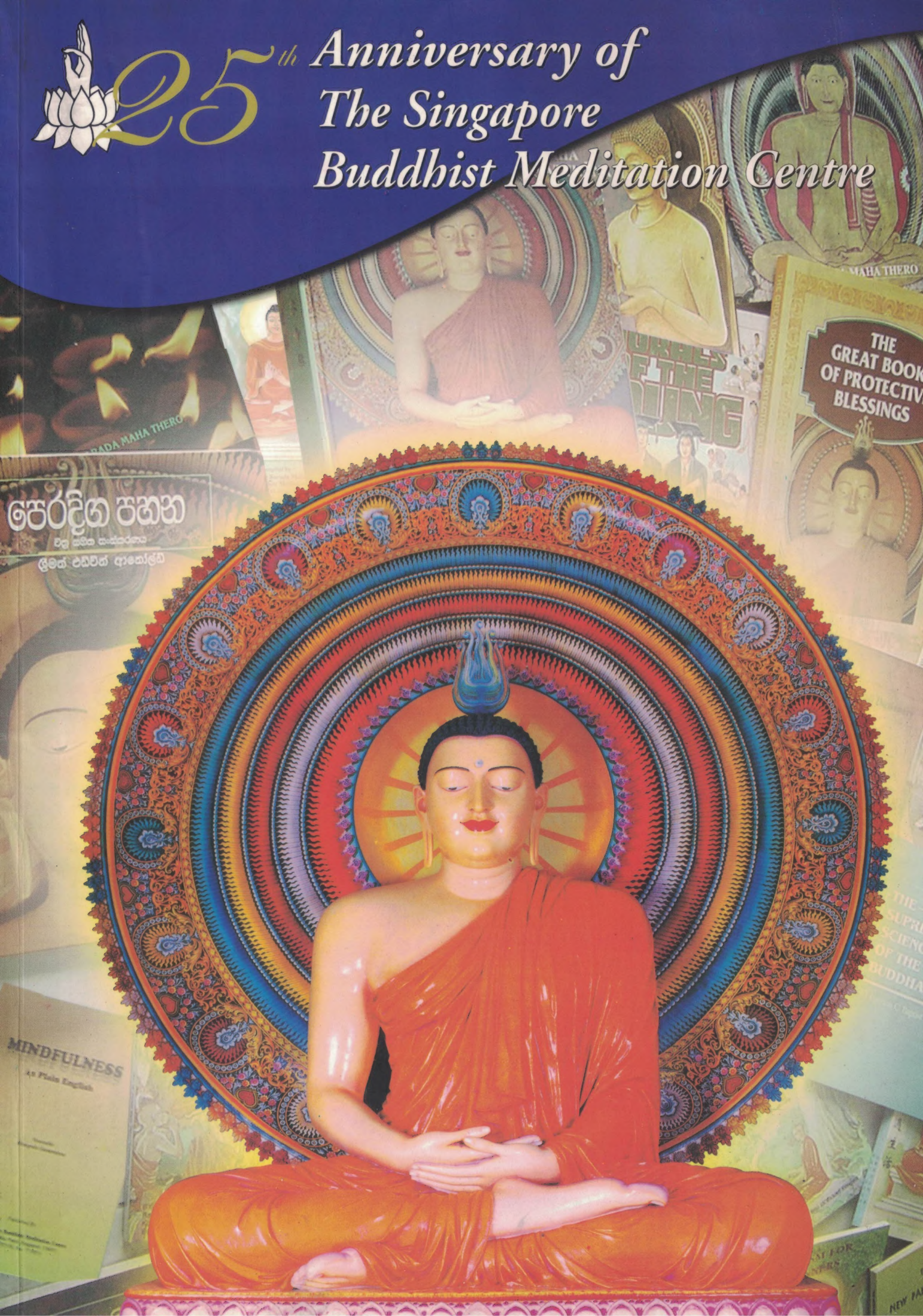


# 25<sup>th</sup> Anniversary of The Singapore Buddhist Meditation Centre

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MINDFULNESS  
40 Plain English





## Founder Members — Singapore Buddhist Meditation Centre



Singapore Buddhist Meditation Centre (SBMC) was established in 1979. The picture shows the founder members.

*Front row from left:* Mr. Yeo Kit Leng, Mr. Dennis Wang Khoo Pong, Rev. W. Sarada Maha Thero, Mr. Ee Fook Choy (Founder - SBMC), Mr. Tony Sng Song Teck  
*Back row from left:* Ms. Gertrude Weerkoon, Ms. Irene Yeo Parm Koon, Mr. Sunny Cheng Chin Heng, Ms. Agnes Lee Peng Gien, Ms. Lau Yoke Kuan, Ms. Rose Weerkoon



# 25<sup>th</sup>

## *Anniversary of*

### *SBMC*

#### *1979 - 2004*



**The Singapore Buddhist Meditation Centre**  
No. 1, Jalan Mas Puteh  
Singapore 128607  
Tel: 67783330 Fax: 67730150  
E-mail: [weragodas@yahoo.com.sg](mailto:weragodas@yahoo.com.sg)  
URL: [www.buddhist-book.com](http://www.buddhist-book.com)

Editor : Edwin Ariyadasa

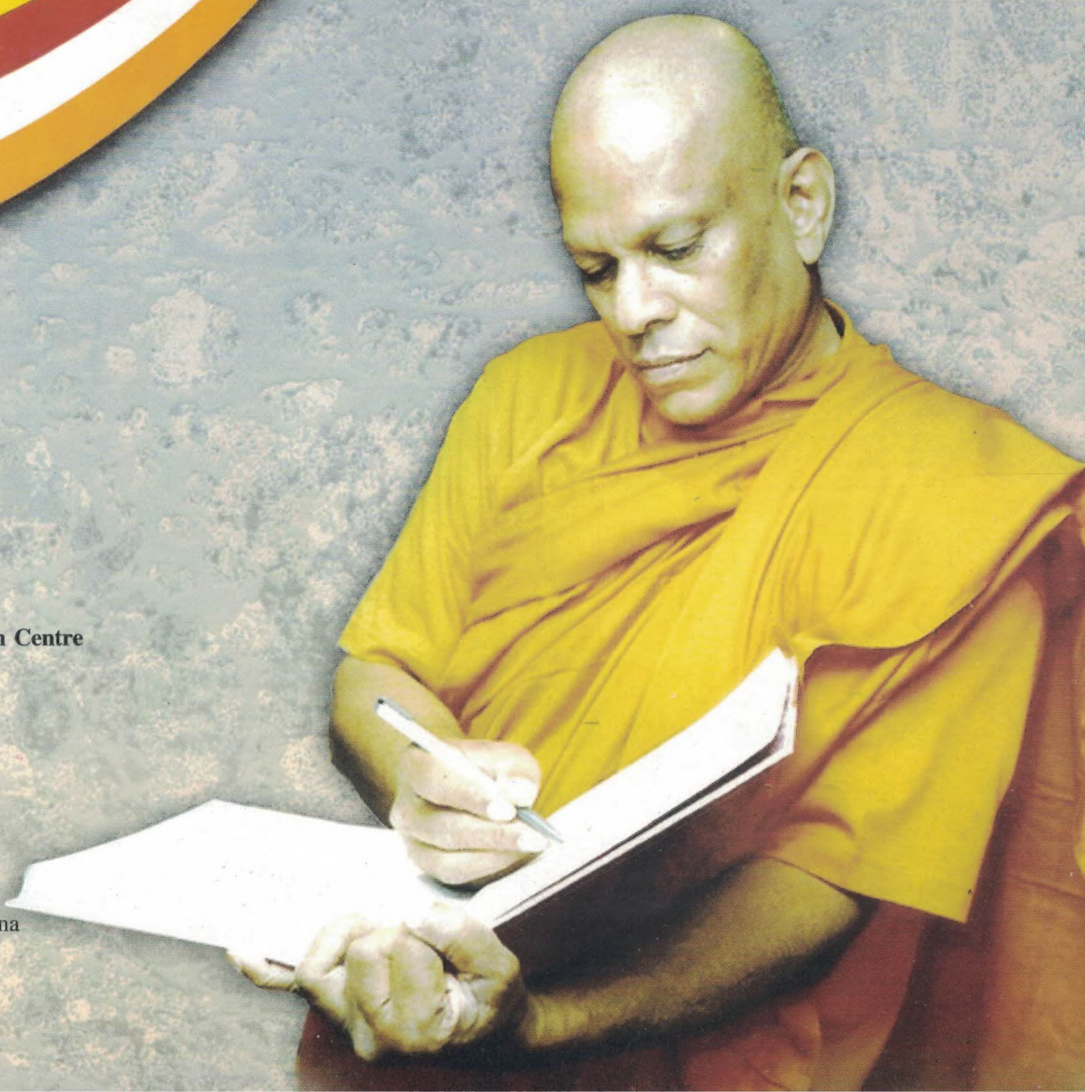
Design : Piyaratne Hewabatage

Heritage House, Sri Lanka.

Graphic Design : Chandika Sanjeewana

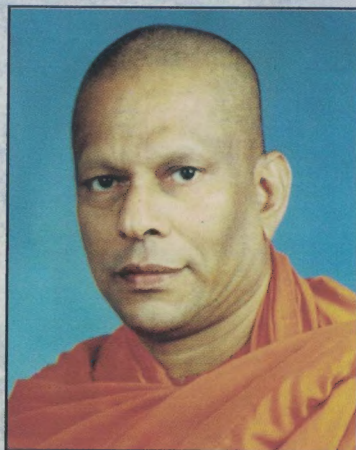
Printed by : Pace Printers, Sri Lanka.

27.11.2004





# The Singapore Buddhist Meditation Centre



Ven. Weragoda Sarada Maha Thero  
Founder/Chief Monk/Chief Administrator



Rev. Sek Chuan Jie  
Secretary/Resident Nun



Mr. Dennis Wang  
Khoo Pong  
Founder President  
1979 - 1990



Mr. Ee Fook Choy  
President/Founder  
1991-1995

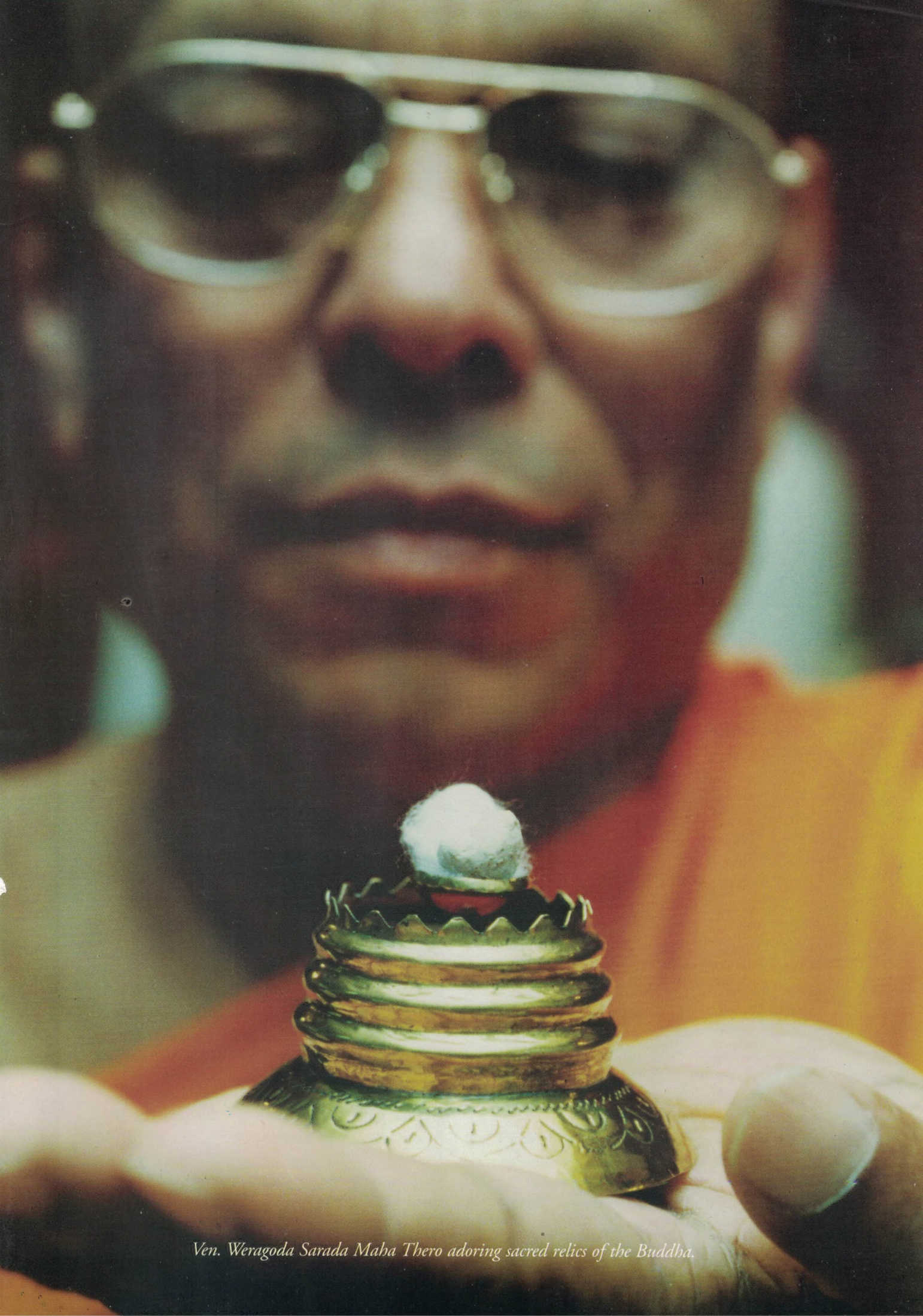


Mr. Sito Woon Chee  
President  
1996-2003



Ms. Ann Lee  
Present President





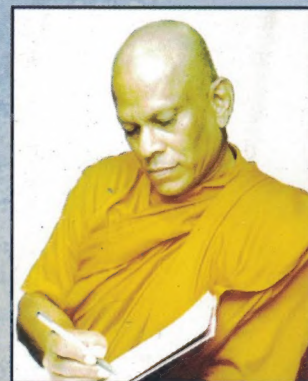
*Ven. Weragoda Sarada Maha Thero adoring sacred relics of the Buddha.*



## TWENTY - FIVE YEARS OF THE SINGAPORE BUDDHIST MEDITATION CENTRE

by

**Ven. Weragoda Sarada Maha Thero**



**W**hen I look back upon the 25-year history of the Singapore Buddhist Meditation Centre, the efforts I had to make, the struggles I had to wage and the challenges I had to confront, come rushing into my memory. The unfailing support and patronage I continued to receive from Ven. Dr. Kirinde Sri Dhammananda Nayaka Maha Thero and the devoted and faithful assistance provided by the original coterie of members, were the steadying influences of the early days of the SBMC.

When I came over to Malaysia, as a young and inexperienced monk, Ven. Dr. Kirinde Sri Dhammananda Nayaka Maha Thero, Chief Prelate Singapore - Malaysia guided me with deep compassion towards the mission of spreading the Word of the Buddha. With the experience that I garnered and the zeal that I acquired, under the Ven. Nayaka Maha Thero, I came over to Singapore to establish a Buddhist Centre. Mr. Ee Fook Choy, Mr. Dennis Wang Khee Pong and a handful of utterly devoted supporters, took me under their protective wing and pioneered in the founding of the Singapore Buddhist Meditation Centre. It is a great pleasure to be able to record, that many of the original members still participate in the activities of the SBMC. Initially, the SBMC found accommodation in the house of a dedicated devotee. We have travelled a long distance from those small beginnings.

In the beginning we were housed at Amber Road in the home of Mr. Ee Fook Choy. From there we went over to Prinsep Street to premises kindly provided by the ardent devotee Mrs. Rose

Weerakoon. Our next venue was Neo Pee Teck Lane, which was given to us by Mr. & Mrs. Wong Kwok Leong. We spent twelve long years at those premises. Under the benevolent patronage of Mr. & Mrs. Dennis Wang Khee Pong, we have had the good fortune of moving to the present premises, No. 1, Jalan Mas Puteh. I was deeply touched by their benevolent gesture, since I could concentrate on my spiritual mission without worrying about such worldly matters as the need to move from place to place.

Today, as the SBMC celebrates its 25<sup>th</sup> year - to put it modestly - it has burgeoned into an organization with a global reach.

In the initial phase of the evolution of the SBMC, its functions were limited to routine religious rites and rituals. The proper maturity of the Singapore Buddhist Meditation Centre, started with the launching of its publications programme.

At first, SBMC brought out a few books and pamphlets. Two of our initial works were "Reflection on Death" and "The Buddha Word". Our first hardcover publication with illustrations in full colour was "Life of the Buddha - in Pictures". Since this work received world-wide attention it had to be reprinted several times in English, Chinese, Sinhala, Japanese, Korean and recently Cambodian.

But the publishing activities of the SBMC started in earnest, as it were, in 1994. We at SBMC launched in that year an epoch - making book, creating publishing history in Singapore. This book titled "Treasury of Truth - Illustrated



Dhammapada" elicited over 2000 telephone calls of enquiry just in one day.

"Treasury of Truth", a unique work in literature on Buddhism, is illustrated with 426 especially commissioned drawings.

This ushered in the new phase of major publications of the SBMC. The style of illustrating Buddhist works lavishly, has established itself as a characteristic of the outstanding publications of the SBMC. "Parents and Children - Key to Happiness", "The Greatest Man Who ever Lived - The Supreme Buddha", "Nature Of Life of Death", "Maha Mangala Sutta-The Highest Blessings", "Only Path to Nibbana - Maha Satipathana Sutta", "Light of Asia", "Vision of the Buddha", "Morals of the Young" are works of this genre.

These works proved a tremendous boon to readers at all levels and all age groups in Singapore and the world outside. Parents, teachers and social and religious leaders offered us praises, especially for our books relating to the morals of the young ones.

Today the SBMC has moved on to the field of electronic media, reflecting the global communications revolution. The Singapore Buddhist Meditation Centre has initiated a series of e-books. The first in this series, is the e-book containing the audio-visual versions of "Treasury of Truth-Illustrated Dhammapada" in three languages - English, Chinese and Sinhala. All three versions contain the chanting of the stanzas in Pali. The e-books on "Nature of Life and Death" and "The Highest Blessing - Maha Mangala Sutta" are already completed. Among future issues in this series will be the e-book on "Jataka Tales" (Birth Stories of the Buddha).

SBMC is currently diversified in its services to peoples. Its printing programme has resulted in the publication of more than 280 titles, which are largely distributed free.

Over the years, SBMC has introduced the temporary ordination tradition to Singapore. Discourses have been issued by the SBMC. Special religious services are held during Vesak, New Year and other significant occasions. In the 25 years of its existence, the SBMC has established itself as an Institution that ranks among



*Ven. Weragoda Sarada Maha Thero sponsored disabled children (1969)*



*The original Buddha statue of SBMC. This statue has adorned the premises of the SBMC at all the places it moved to, during its 25 years. This statue graces the present premises at No.1, Jalan Mas Puteh.*

the foremost groups and organizations dedicated to the spreading of the Word of the Buddha world-wide.

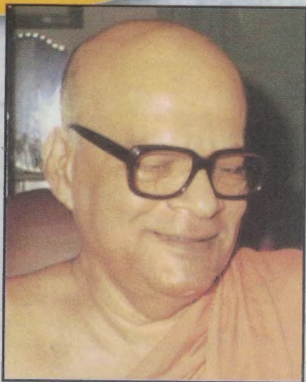
I consider it appropriate to extend my grateful thanks and blessings to all those who assisted me, in this arduous journey of twenty-five eventful years. These well-wishers, supporters are too numerous to be referred to, individually. I salute them all at this historical occasion, that marks a vivid and colourful chapter in the spiritual progress of our time.

With the ever-increasing support of devotees, SBMC looks forward to a future marked by greater and wider service to mankind.

Metta Cittena

**Ven. Weragoda Sarada Maha Thero**  
Founder/Chief Monk/Chief Administrator





## FELICITATIONS FROM VEN. DR. KIRINDE SRI DHAMMANANDA NAYAKA MAHA THERO

Chief Prelate Singapore, Malaysia

A span of twenty five years in the life of a great organization, is without any doubt a considerably significant period of time. It is specifically so, when those years have been utilized for the achievement of objectives, purposes, aims and goals, that have made a substantial contribution towards the well-being of mankind.

When viewed in this perspective, the twenty-five years of the Singapore Buddhist Meditation Centre stand out as an epoch, during which higher values of spirituality and human life have been continuously enhanced. The Singapore Buddhist Meditation Centre, that celebrates its 25 years of high and unparalleled service to Buddhist thought and the upliftment of moral values, records a steady growth, that had to be won by overcoming obstacles and confronting daunting challenges.

I find myself in the especially privileged position of being able to survey the progress of the SBMC over those long years, as I occupy a particularly strategic vantage point in relation to the SBMC.

Ven. Weragoda Sarada Maha Thero, whose unique leadership acumen, provides the driving dynamism, for the sustained success of the SBMC, began his dedicated mission, under extremely trying circumstances. I had the good fortune to meet and befriend this pioneering monk when he was still in his youthful years.

From those early days on, Ven. Sarada, was moved by a deep desire and a keen urge to spread the Word of the Buddha world-wide, as his life's mission.

When he came over to Singapore from Malaysia, conducting the activities of the SBMC was nothing less than a strenuous uphill task. But he was equal to it all.

At all stages of the progress of the SBMC, I was associated with his landmark activities.

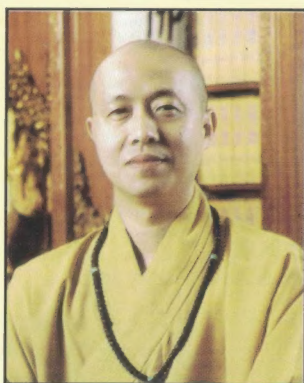
In the course of those 25 years, SBMC has acquired an unassailable status as an organization of world class in the field of Buddhist publications. His *magnum opus* 'The Treasury of Truth' - The Illustrated English translation of Dhammapada will always remain a star among books on Buddhist themes. SBMC possesses the capacity to exert mastery over new techniques and technologies of communication. Reflecting this, SBMC has turned its concerned attention to the electronic medium.

The range of religious and social activities of the SBMC has continued to expand with the passage of time.

As the Singapore Buddhist Meditation Centre celebrates its 25<sup>th</sup> year, I am fully convinced that its indefatigable helmsman- Ven. Weragoda Sarada Maha Thero, will continue to discover and-explore new horizons, for the benefit and the well-being of mankind.

**Ven. Dr. K. Sri Dhammananda Nayaka Maha Thero**  
Chief Prelate, Singapore, Malaysia





**Venerable Shi Fazhao, PBM**  
Maha Saddhammajotikadhaja  
Chaokun Pgra Vithethamanusith  
Abbot of Golden Pagoda Buddhist Temple (Singapore)

I am very happy and delighted that Ven. Weragoda Sarada Maha Thero has launched yet another electronic book of the Buddha Dhamma, “Nature of Life & Death” & “Maha Mangala Sutta – The Highest Blessing”. This seems like a natural follow-up to his previous e-book that was launched in early 2004, which was incidentally received with resounding success.

In my most humble support for Ven. Sarada’s selfless projects, it is my hope that other members of the Sangha in the monastic community of Singapore support his works too. Ven. Sarada’s unrelenting effort serves to inspire us in keeping up with the most modern times in spreading the Buddha Dhamma.

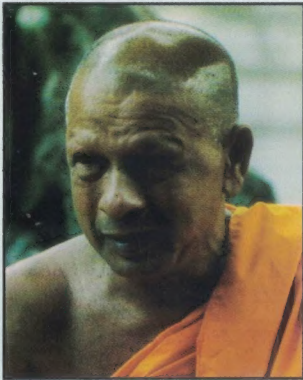
At this juncture, I would also like to take this opportunity to congratulate The Singapore Buddhist Meditation Centre in its Silver Jubilee Celebrations. The centre’s presence has provided that very much needed beacon of guiding light to propagate the Buddha Dhamma in the most outreaching and entertaining ways—books.

It is also most auspicious for me to wish Ven. Sarada a very Happy Birthday during this significant milestone of both the life of the centre and that of Ven. Sarada. Many happy returns and may the Buddha bless you all the time!

May all be well and happy and have a peace of mind.

Venerable Shi Fazhao, PBM  
Maha Saddhammajotikadhaja  
Chaokun Pgra Vithethamanusith  
Abbot of Golden Pagoda Buddhist Temple (Singapore)





## SRI JINARATANA BHIKKU ABHYASA VIDYALAYA KARAKA SABHA

(Approved Charity L.D.-B. 7/63 Gazette No. 14,758 of July 20, 1967)

Jinaratana Bhikku Abhyasa Vidyalaya  
Gnaneswara Pirivena  
: 2327084, 2435169  
: 2439508  
mail: gangaramaya@lgo.lk

GANGARAMAYA,  
61, Sri Jinaratana Road  
Colombo 2.

2004.10.21

### FELICITATIONS

In a cordial message to mark the 25th Anniversary of the Singapore Buddhist Meditation centre, I deem it quite essential to felicitate the author and fountain of it all - Ven. Weragoda Sarada Maha Thero. I feel privileged to offer my good wishes at this happy and historical occasion, especially because the founder of SBMC - Ven. Weragoda Sarada Maha Thero is my brother in Sasana and my intimate colleague.

I have always admired his strong will and unflagging determination to achieve the goals he sets out to attain. He has been able to transform SBMC from its modest beginnings into a formidable global presence, largely because of his personality trait of facing challenges undaunted.

Today, SBMC he founded is synonymous with publications - both print and electronic - of supremely high quality. In these 25 years he has reached the status of an international missionary monk, with the support of his dedicated devotees and well-wishers.

May the Blessings of the Triple Gem ensure that the SBMC and Ven. Weragoda Sarada Maha Thero will scale higher peaks of service to the Dispensation of the Supremely Enlightened Buddha.

Metta Cittena.

**Ven. Galboda Siri Gnanissara Maha Thero**

Chief Incumbent - Gangaramaya

Chief Patron - Sri Jinaratana Bhikku Abhyasa Vidyalaya Karaka Sabhawa

- Sri Jinaratana Adhyapana Ayathana Palaka Sabhawa





## **Buddhist Summit** World Buddhist Conference

1-2, 5-chome Motomachi-dori Chuō-ku  
Kobe-city Hyogo 650-0022 Japan  
Tel: +81-78-367-6618  
Fax: +81-78-367-6990  
E-mail: wbchg@yahoo.com



November 5, 2004

### **Congratulatory Message for The 25th Anniversary of Singapore Buddhist Meditation Center**

On the occasion of the 25th Anniversary of Singapore Buddhist Meditation Center, the leading Buddhist temple in Singapore, it is a great pleasure for me to extend my warmest greetings and congratulations.

Buddhism is the teachings of wisdom and compassion by which all phenomena in this world have been resolved. Buddhism is a religion that can save all sentient beings and that embraces all human activities including politics, economy, science, culture, and so forth. In other words, it elucidates the truth. The practices of Buddhism surely lead to true peace and serenity for humanity.

Therefore, we Buddhists must revert to the original teachings of Lord Buddha, remove barriers among Theravada, Mahayana, and Vajrayana Buddhism, join hands together, and accomplish our mission to propagate Buddhism, the supreme wisdom, to the world.

The world today is in chaos and disorder, constantly suffering from war and terrorism. Now, more than ever, the world needs Buddhism that is the true religion for peace, which expounds non-violence, mutual understanding, kindness, and harmony. In the 21st century in this new millennium, humankind must make every endeavor for true peace and prosperity.

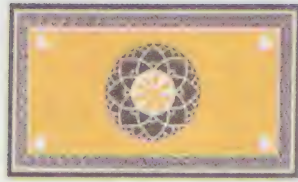
Singapore Buddhist Meditation Center is a prestigious Buddhist temple in Singapore that is the multi-racial and multi-cultural country. The center has immensely contributed to the propagation of Buddhism through various publications on Buddhism and worked hard for peace and tranquility for all sentient beings.

We sincerely hope that Singapore Buddhist Meditation Center will continue to disseminate Lord Buddha's teachings of wisdom and compassion in order to establish the society filled with peace and happiness in Singapore and the world.

Yours in the Dharma,

Most Ven. Dr. Kyuse Enshinjoh  
President of  
The Buddhist Summit (WBC)  
Founder Priest of  
Nenbutsushu Buddhist Sect of Japan





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இலங்கை சனாதிபதி  
President of Sri Lanka

I deem it a great pleasure to be able to extend my best wishes to the Singapore Buddhist Meditation Centre which celebrates its 25th Anniversary this month.

I am honoured at this opportunity to felicitate the Venerable Weragoda Sarada Maha Thero, the chief incumbent of the Singapore Buddhist Meditation Centre who has been the dynamic spiritual force behind the admirable success of this Centre.

All of Sri Lanka is grateful to the Venerable Weragoda Sarada Maha Thero for his dedicated service to the cause of Buddhism, through his remarkable publications both in print and electronic media.

The copiously illustrated volumes that have been brought out by this Centre, have contributed vastly towards the appreciation of the eternal words of the supremely Enlightened Buddha. At a time, when mankind is desperately seeking a way out of the current morass of violence and meaningless destruction Venerable Weragoda Sarada Maha Thero has held aloft the torch of Buddhist wisdom to light the path of modern man towards enlightened awareness.

I wish Singapore Buddhist Meditation Centre long years of continued success to serve humanity.

Chandrika Bandaranaike Kumaratunga



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இலங்கை சனநாயக சோசலிசக் குடியரசு  
Democratic Socialist Republic of Sri Lanka





*Prime Minister of Sri Lanka*



**Message**

I am greatly privileged to be able to send a message of goodwill and best wishes on the occasion of the 25<sup>th</sup> Anniversary (Silver Jubilee) of the Singapore Buddhist Meditation Centre located at No.1, Jalan Mas Puteh, Singapore. I have had very encouraging information and news of the live wire behind this centre, Ven. Weragoda Sarada Maha Thero who is also the Founder, the Chief Monk and the Chief Administrator of the Centre.

The Centre has performed not only a unique service for the cause of Buddhism worldwide; it has also done a tremendous amount of work to propagate Buddhism, particularly in Singapore. In a country where the life of people seems hectic and stressful, this Centre has been able to bring about a very conducive environment to seek tranquillity and peace of mind.

I have also had the good fortune to see the excellent publications that this Centre has brought out, allowing people in all walks of life, to understand in a very simple way the complexity of Buddhist thought. Ven. Weragoda Sarada Maha Thero has done a yeomen service to make this centre useful to the society.

I am particularly pleased to wish this Centre long years of fruitful work. I also take this opportunity to wish the Founder, the Chief Monk and the Chief Administrator of the Singapore Buddhist Meditation Centre, Ven. Weragoda Sarada Maha Thero many more years of service to mankind.

**Mahinda Rajapaksa**  
**Prime Minister**

November 01, 2004



A MESSAGE  
FROM  
HIS EXCELLENCY THE HIGH COMMISSIONER FOR SRI LANKA IN SINGAPORE



Since my arrival in Singapore in January 2003, I have visited several places of Buddhist worship in the country. Almost all of them are traditional temples patronized by the followers of this great religion. However, on a visit to the Singapore Buddhist Meditation Centre sometime ago, I realized that this institution is quite different to the others. The Centre essentially deals with the publication of Buddhist books in different languages. The sole purpose of this effort is the spreading of the message of Lord Buddha to those who do not have the benefit of directly learning this religion at temples or other institutions. To this end Ven. Sarada Maha Thero, the Founder and Chief Monk of the Singapore Buddhist Meditation Centre and others associated with him are doing a tremendous task here in Singapore. Ven. Sarada has explained to me that while acknowledging the importance of visiting temples and other places of Buddhist worship, it is equally important to learn the Dhamma by reading books at the same time. The Centre has been in existence for 25 years and I wish it all success in its future endeavours.



**Ajit Jayaratne**

High Commissioner for Sri Lanka



**Royal Thai Embassy**

370 Orchard Road  
Singapore 238870



**Message from the Ambassador**

I would like to take this opportunity to convey my heartfelt congratulation on the occasion of the 25<sup>th</sup> anniversary of Singapore Buddhist Meditation Centre. Through the years, the Buddhist Meditation Centre has become a leading light in the dissemination of the Word of the Lord Buddha, considered as the most valuable contribution to the Buddhist communities around the world.

Singapore Buddhist Meditation Centre has rendered a distinctive service, particularly in an attempt to promote Buddhism in time of drastic societal changes. Such impressive attempt is portrayed through a series of publications concerning various aspects of Buddhism. Some were composed with representation of beautiful drawings and pictures—a spiritual message aimed at reaching out younger Buddhists.

The felicitation of the 25<sup>th</sup> anniversary of the Centre on 27 November 2004 also brings double joy for the devout Buddhists here and around the world. The day also celebrates the birth of Venerable Weragoda Sarada Maha Thero, founder of the Buddhist Meditation Centre and a well-renowned Buddhist scholar. I therefore wish him a very joyous birthday.

Once the ambassador to Colombo (1998-2000), I have remained a close friendship with those in Sri Lanka, be they Buddhist monks or those outside the monastery. My special bond with Sri Lanka is something I have always cherished. I truly admire Sri Lankan monks who, with their vision and strong determination, have worked indefatigably in the spreading of the Buddha's teachings across boundary and all the hurdles. Venerable Weragoda Sarada Maha Thero is one of Sri Lankan monks for whom I have a high regard.

I ascertain that the Buddhist Meditation Centre will continue to be a torch enlightening the path of Buddhism. May the Triple Gem bless Venerable Weragoda Sarada Maha Thero and the Singapore Buddhist Meditation Centre for many prosperous years to come.

(Thakur Phanit)

Ambassador of the Kingdom of Thailand





## M E S S A G E

**DR HO KAH LEONG  
CHAIRMAN  
ZU-LIN TEMPLE**

The Singapore Buddhist Meditation Centre (SBMC) is to be congratulated on the occasion of its Silver Jubilee Celebrations.

Under the leadership of the Founder and Chief Monk, the most Ven. Weragoda Sarada Maha Thero, the SBMC has, during the past 25 years, published numerous books with simple and attractive illustrations to propagate the teachings of the Lord Buddha. Even the common people and children have found these books to be interesting and easy reading.

In this world which is full of hatred and revenge, the promotion of universal peace and brotherhood among the human beings is of utmost importance. This is even so in a multi-racial and multi-religious society such as Singapore. The benevolent nature of Buddhism as practiced by all Buddhists constitute a major force in forging racial harmony in the country. The efforts made by SBMC in this direction in the past are evident and most commendable.

On this joyous occasion, I wish SMBC every success in its future endeavours.

Amitahba!



# The Singapore Buddhist Meditation Centre Management Committee 2004 - 2005



President  
Ms. Ann Lee



Vice – President  
Mr. Chia Teck Siong



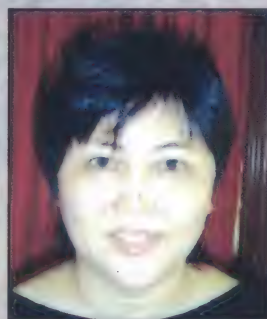
Vice-President  
Ms. Jessica Tay Shu Chin



Hon. Secretary  
Rev. Sek Chuan Jie



Hon. Treasurer  
Mr. Daya Satharasinghe



Asst. Treasurer  
Ms. Shirley Wong Sow Ngan



Asst. Secretary  
Ms. Narmada Makawita



Committee Member  
Mr. Dennis Wang Khee Pong



Committee Member  
Mdm. Tan Oon Hwang



Committee Member  
Mr. W. P. Wijesinghe



Committee Member  
Mr. A. Rathninde



Committee Member  
Ms. Michelle Tay Shu Chuan



Committee Member  
Ms. Tay Ah Moi





**“Our heartiest  
congratulations to  
The Singapore Buddhist Meditation Centre**

*For the occasion of  
25<sup>th</sup>  
Anniversary”*

From:

Mr. & Mrs. Wong Kwok Leong & Family





## President's Message

My association with The Singapore Buddhist Meditation Centre grew significantly upon witnessing my husband's dedication, devotion and commitment to the Centre as a pioneering member of this Institution. This inspired, my activities and participation and I became more active.

I was introduced to "Ven. Weragoda Sarada Maha Thero", as the man behind SBMC, and the personality that ensured the evolution of this institution from very modest beginnings, into a globe-girdling organization. Undaunted he is always ready to confront any challenge, with courage and impressive leadership qualities. My devotion is further enhanced by this exemplary character.

Today, SBMC is a hub of multifarious activities ranging from the administration of rites and rituals to the production of publications both in print and electronic media for the benefit of the totality of mankind. Under the care and guidance of Ven. Weragoda Sarada Maha Thero, with hundreds of full-time personnel, SBMC has been able to register a whole series of records in the spiritual history of Singapore. "Treasury of Truth-illustrated Dhammapada is perhaps the work that elicited the highest number of telephone responses. This phenomenal publication success was even chronicled in The Straits Times.

In sum, the twenty-five years of SBMC formed a marvellous chapter in the annals of Buddhism in Singapore. Our inescapable responsibility is to continue this achievement while endeavouring to carry forth the name of "The Singapore Buddhist Meditation Centre" to greater heights in many years to come.

**Ms. Ann Lee**

President

The Singapore Buddhist Meditation Centre





Mr. Dennis Wang Khee Phong, Founder President worships the Buddha at SBMC premises in Prinsep Street. (1979)



Group of lay devotees, with monks at Prinsep Street. (1979)



# THE SINGAPORE BUDDHIST MEDITATION CENTRE



The planting of the Bo Sapling at Neo Pee Teck Lane. (1982)



Hon. D. B. Wijetunge, Prime Minister of Sri Lanka, visiting SBMC



Religious Ceremony at Neo Pee Teck Lane.





*Group chant at Neo Pee Tcek Lane*



*Ven. Weragoda Sarada Maha Thero and Rev. Sunanda at SBMC premises, No. 1, Jalan Mas Puteh, Singapore.*



*Mr. William Chua and Mr. Peter Teo at the launch of Chinese Dhammapada.*



*Ven. W. Sarada Maha Thero and Rev. Sunanda with the SBMC editorial staff (Mr. Piyaratna Hewabattage, Mr. Edwin Ariyadasa and Mr. P. Wickramanayaka) at No. 1, Jalan Mas Puteh.*





## SBMC PILGRIMAGE

*Devotees from Singapore at the  
site of K. Sri Dhammananda  
Senior Citizens' Home  
Sri Lanka*



*With President J. R.  
Jayawardana in Japan at the  
opening of the first Theravada  
Temple associated with Ven. W.  
Sarada Maha Thero-Founder  
President*



*Visiting Japan Buddhist Summit,  
Ven. W. Sarada Maha Thero,  
Ven. G. Gnanissara Maha  
Thero, Ven. K. Assaji with  
Ven. Dr. Kyuse Enshinjoh,  
President of Buddhist Summit.*





SBMC devotee  
Mr. Nanda Tan, being  
readied for temporary  
ordination, at Budha  
Gaya, India



Rev. Ananda (Mr. Arthur Chua) who received temporary ordination  
visited Sri Lanka, on a Holy Tour.



Ven. Yatalamatte Sri Vajiranana Maha Nayaka Thero, Jayanti Viharaya,  
Sri Lanka, with visiting SBMC devotees.



Singapore lay devotees receiving temporary ordination in India.



SBMC devotees from Singapore Distribute Gifts to Children in Srilanka



Former President Mr. R. Premadasa received a delegation from SBMC.  
Among them are Mr. Dennis Wang Khee Pong and Mr. Ee Fook Choy.



Ven. W. Sarada Maha Thero distributing gifts to children in Sri Lanka.





*H.E. The President of Sri Lanka, Madam Chandrika Bandaranaike Kumaratunga peruses Treasury of Truth - "Illustrated Dhammapada".*



*Mrs. Sirimavo Bandaranaike, former Prime Minister of Sri Lanka and The world's First woman Prime Minister, is being presented a copy of The Treasury of Truth - Illustrated Dhammapada by Ven. Weragoda Sarada Maha Thero.*





*Congratulations*

The Singapore Buddhist Meditation Centre

*on your  
25<sup>th</sup>  
Anniversary*

With Best  
Compliments

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## SBMC BOOK - LAUNCHES



Mr. Ho Kah Leong ceremonially launches  
"Light of Asia" – SBMC publication. (1994)



Mr. Ee Fook Choy, President SBMC at Launch of the "Treasury of Truth-Illustrated  
Dhammapada" (1994)



Ven. Sarada Maha Thero  
presents a copy of the "Treasury  
of Truth - Illustrated  
Dhammapada" to a monk, at  
the launch. (1994)



At the launch of the "Treasury of  
Truth" (1994)



*Presentation of Dhammapada to a participant at the launch. (1994)*



*Ven. W. Sarada Maha Thero at the book-launch. (1994)*



*Mr. Ho Kah Leong presents award to Editor-in-Chief SBMC, Mr. Edwin Ariyadasa (1996)*



*Ven. W. Sarada Maha Thero presents a token of appreciation to Mr. Ho Kah Leong. (1996)*





Mr. Ho Kah Leong launches "Vision of the Buddha" (1996)



Ms. Ann Lee at book launch, receiving a gift from Ven. W. Sarada Maha Thero.



Madam Chitrangani Vakista High Commissioner for Sri Lanka receives copy of book sponsored by Ms. Tan Jiak Koon Janet.



Ven. Weragoda Sarada Maha Thero, discusses book launch with Ms. Ann Lee.





Mr. Ho Kah Leong presents a token of appreciation to Artist Mr. P. Wickramanayaka.



Mr. Ho Kah Leong presents a token of appreciation to Graphics Expert Piyaratna Hewabatage.



Multiple book-launches by SBMC, at Suntec City.



Ven. W. Sarada Maha Thero gifts a copy of the book "Parents and Children - Key to Happiness" to a devotee.



The late Ven. Sek Fatt Kuan receive a copy of "Life of the Buddha-in pictures" SBMC publication, from Ven. W. Sarada Maha Thero.





## SPECIAL EVENTS



*H. E. Abdul Kalam, President, India, presents a sapling of the sacred Bodhi Tree, to Ven. Weragoda Sarada Maha Thero, at the Buddhist Conclave held in India, February 2004.*



*H. E. Abdul Kalam, President of India, meets SBMC devotees at Rashtrapathi Bhavan.*

*Ven. W. Sarada Maha Thero, Presented "Treasury of Truth-Illustrated Dhimmipada" to the present President of SBMC, Ms. Ann Lee.*





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*Mr. & Mrs. William Chua Geok Eng & Family*





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*Ven. W. Sarada Maha Thero presenting SBMC publications to libraries in India, during a Holy Tour of India.*



## SBMC PRESENTATIONS



*Ven. W. Sarada Maha Thero presenting SBMC publications to Army Chief Gen. Daluwatta. Mr. Bertie Premalal, Minister of Social Services (right) participated in this ceremony.*



*Ven. W. Sarada Maha Thero presenting SBMC publications to Mrs. Sirimavo Bandaranaike, of Sri Lanka, the first woman Prime Minister of the world.*



*Ven. W. Sarada Maha Thero presenting SBMC publications to Mr. Peter Burly, the US Ambassador in Sri Lanka. Members of the SBMC editorial staff participated in this event.*





## APPRECIATION OF SBMC PUBLICATIONS

*Ven. Dr. K. Sri Dhammananda Nayaka Maha Thero, Chief Prelate, Malaysia & Singapore, admiring the Chinese version of Dhammapada, at its ceremonial launch. Ven. Sek Tuan Jing from Puti Buddhist Temple participated in the ceremony.*



*Ven. Galboda Gnanissara Maha Thero of Sri Lanka presenting copies of the book "Life of the Buddha" at the launch of that publication, at SBMC premises, Neo Pee Teck Lane.*



*Ven. W. Sarada Maha Thero and Ven. Seck Kwan Sheng, Abbot of Phor Kark See Temple admiring the publication "The Greatest Man Who Ever Lived – The Supreme Buddha" at its launch. This book was launched to mark the Exposition of the Sacred Relics at Phor Kark See Temple.*



*Mr. Ranil Wickramasingha, Prime Minister Sri Lanka, in deep appreciation of the publications of the SBMC.*





*Group of devotees obtaining the autograph of Ven. W. Sarada Maha Thero, at SBMC book launch.*



*Members of the Buddhist clergy (Maha Sangha) receiving SBMC publications.*



*Devotees visiting SBMC book exhibition.*



*Visiting group of Japanese devotees at SBMC premises acquiring publications.*





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*25<sup>th</sup>  
Anniversary"*



From

Mdm. Ng Siew Eng & Family





Shrine room at No.1, Jalan Mas Puteh.



## SBMC ACTIVITIES

At Tai Pei old  
People's Home. Group  
of SBMC devotees  
visiting Senior  
Citizens on the  
occasion of the  
birthday celebration  
of Ven. W. Sarada  
Maha Thero.



Ven. W. Sarada Maha Thero with the birthday cake.







*Dinner to Senior Citizens on the occasion of the birthday celebration of Ven. W. Sarada Maha Thero.*

*Ven. Dr. K. Sri Dhammananda Nayaka Maha Thero delivering a sermon at SBMC premises.*



*Two young children receiving robes from Ven. W. Sarada Maha Thero, prior to their temporary ordination.*



*A child offering robes to Ven. W. Sarada Maha Thero.*





*The Annual Robe-Offering Ceremony is a very important holy event at SBMC.*



*Devotee William Chua Geok Eng offering a gift to Ven. W. Sarada Maha Thero, to mark his birthday.*



*Mr. Kenny Chan participating in Chanting*





*Wheelchairs being presented to disabled Sri Lankan lady, by Ven. Weragoda Sarada Maha Thero.*



*At the Assembly held on the Conclusion of the Exposition of relics at Phor Kark See Temple, Singapore*



*Devotees in Meditation in the Meditation Hall at SBMC Premises*



*Senior citizen take dinner at the celebration of Ven. Weragoda Sarada Maha Thero's birthday.*





Devotees make offerings to sacred relics, under the direction of Ven. Weragoda Sarada Maha Thero and Rev. Sananda.



Devotees from SBMC visit Jayanthi Viharaya, in Sri Lanka. Ven. Weragoda Sarada Maha Thero and the Chief Incumbent of the Viharaya receive the visitors.



Devotees from Singapore are conducted in Procession, during their visit to Sri Lanka.





*Ven. Weragoda Sarada Maha Thero at House Blessing.*



*Visitors at SBMC Book-Exhibition*



*Devotees participating in a religious ceremony at SBMC premises.*





*A religious service at No.1, Jalan Mas Puteh, conducted by Ven. Weragoda Sarada Maha Thero.*



*Ven. Weragoda Sarada Maha Thero, presents a copy of "Treasury of Truth - Illustrated Dhammapada" to Mr. Kumanayake.*



*Robes being offered to Ven. Weragoda Sarada Maha Thero and other monks, at the annual ceremony.*





Temporary  
Ordination  
organised  
by  
SBMC

*Ven. Weragoda Sarada Maha Thero and Ven. Seck Kwan Sheng, Abbot of Phor Kark See Temple, shaving the heads of young ones, before they are ordained.*



*Ven. W. Sarada Maha Thero, giving moral instructions to young ones who are about to be ordained.*



*The newly ordained novice monks receiving their requisites.*



# EXPOSITION OF SACRED RELICS



*Caskets containing the Sacred Relics, being displayed in front of the statue of the Buddha.*

*Ven. Weragoda Sarada Maha Thero, hands over casket containing sacred relics to the Abbot of Phor Khark See Temple.*



*Ven. W. Sarada Maha Thero holding the casket containing Sacred Relics.*



*The sacred Bo-Sapling being brought in procession to be ceremonially planted in the premises of Phor Kark See Temple to commemorate the Relics Exposition. Rev. Sunanda and Ms. Ann Lee are in the foreground.*



*Exposition of the Sacred Bo Sapling, Relics and other holy objects.*





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*Rev. Sunanda of SBMC, distributing school uniforms to needy children in Sri Lanka.*

## WELFARE WORK



*Abbot of Phor Kark See Temple offers gifts to visiting monks, while Ven. Weragoda Sarada Maha Thero looks on.*



*Sri Lankan receiving scholarship from SBMC member.*



*Children who benefit from the Foster Parent Project of the SBMC, pose with their Foster Parents from Singapore, when they visited Sri Lanka.*





A fund was launched to enable a disabled soldier to receive medical treatment in Singapore. Ven. W. Sarada Maha Thero initiated this welfare service.



Hon. Ranil Wickramasinghe, Prime Minister Sri Lanka, ceremonially declared open the K. Sri Dhammananda Senior Citizens' Home, in Sri Lanka. This Home was set up through the initiative of Ven. W. Sarada Maha Thero, with generous assistance from Singapore devotees.



Ven. W. Sarada Maha Thero, donating a wheel chair to a disabled person.



Presentation of gifts to children at Jayanti Vihara, Buddhist Temple, Weragoda, Sri Lanka.





*Ven. Galboda Gnanissara MahaThero giving a wheel chair*



*Gifts are presented to children by Ven. W. Sarada Maha Thero. Ven. Meetiyagoda Gunananda Nayaka Maha Thero. Incumbent Jayanti Vihara was associated with this event*



*Donation of a wheel chair to a disabled person.*





## Buddhism for The Modern World

by Ven. Weragoda Sarada Maha Thero

In 2005, the global organization United Nations, will be sixty. Prior to this the whole of humanity has not witnessed such a

long-surviving global organization established with the firm intention of ensuring peace, harmony and well-being to man. The League of Nations, created immediately after World War I, could not survive the internal dissensions among its membership. In a pathetic irony, President Woodrow Wilson of the US - a prime mover of the League of Nations - could not persuade his own country to ratify the League of Nations proposal.

Given this background, the existence of the UN over such a long period of time, is symbolic of men's deep yearning to lead a life of peace and harmony eschewing wars and other conflicts.

World War I raged from 1914 to 1919. Just twenty years after its armistice, the second World War erupted on the 3<sup>rd</sup> of September 1939. It lasted for six years, until it came to an end in 1945, with the devastating destruction of

Hiroshima and Nagasaki in August 1945, when nuclear bombs were unleashed on those two Japanese cities. Fifty-nine long years have passed

since the end of the Second World War. No global war has broken out during these years, indicating that the UN has been successful in inhibiting the war-like tendencies of mankind.

But, can we be happy that peace and harmony prevail unassailed, in the modern world that has, fortunately not encountered a World War for almost six decades?

In spite of the absence of wars at a global level man has faced more than 250 armed struggles, from 1945 to date. There is hardly a day, when armed conflicts do not take place, in one region or another in the modern world. Wars, struggles and conflicts that bring horrendous destruction of life and property in their wake, have become almost a way of life for modern man. Men and

women are uprooted from their accustomed habitations reducing them to the sad stage of refugees, with no place to call "home". Missing and displaced persons are a slur to humanity.





Senseless terrorism, vandalizes life, making it impossible for anyone on earth to feel safe and secure. International terrorism has converted even the cozy homes into battle-fields. There is hardly any innocent person, who can be certain that he or she will not be taken hostage as they go about their normal, harmless day to day activities.

Once a learned man said, that it is in winter that we feel how glorious summer is. Similarly, it is during wars, that we feel how great peace is.

Today, the normal, harmonious way of life is threatened almost everywhere in the world. This has awakened the global community to the urgent need to establish peace in human society. But, have the efforts of the people of our time to eradicate wars and conflicts and to uphold peace, proven successful? In an objective assessment of the situation one cannot help but feel that peace has kept on eluding human society in our day.

village" into the stage described by Sir Arthur C. Clarke as "The Global Family." A live message can be relayed through a series of satellites, right round the globe in just six-seconds. Medical science has been transformed into a field of miracles. Organ transplants have progressed so fast, that in the near future almost the total human being may get re-built through such transplants.

With "Dolly" the sheep, the age of making copies of life (cloning), has been ushered in. Science has already experimented with the process of making copies of human beings.

Man has discovered the secret of the genetic code-the history of life written in the genome. This opens the possibility of creating people, as we want. We will have control over human beings and we can order them in terms of our requirements. Man has progressed even in his capacity to destroy. The total destruction caused



The UN has noted, that most of the 250 – odd wars and conflicts that have taken place after 1945, are "internal struggles" – fights within one country-between factions in one country. In other words conflicts rage between brothers.

All this is an index to the low levels of morality man has deteriorated to.

Man has mastered science and technology. He can send satellites in an inter-stellar trajectory. He has created computers, that can work million-times faster than the human brain. Human communication has evolved so fast that now we have travelled beyond the 'global

by six-years of war, from 1939 to 1945, can now be brought about in a matter of mere six seconds. But, the crucial question is, given all these developments, both positive and negative, is man closer to peace, harmony and wholesome living? The direct and simple answer is – no, not at all.

Men and women of our day yearn for inner serenity. But, this is elusive. Limitless material gains have not ensured most men and women the tranquility of mind they seek.

They have not been able to master the art of living in harmony with each other.

It is here, that Buddhism comes into modern life.



The Supremely Enlightened Buddha, prescribed the timeless formula for peace. This is embodied in the Buddha's Four Noble Truths. If an individual were to become fully aware of the exact and true nature of life as has been indicated by the Supremely Enlightened Buddha, in His Four Noble Truths, conflicts will certainly end.

The Buddha presents to modern man a glorious message. Men have pursued systems of philosophy and religion, which made them depend on others for liberation. The Buddha in His supreme wisdom indicated to humanity, that each individual must work out his salvation.

Most systems have failed to win peace for mankind, because they asked individuals to depend on others.

The glory of the Buddha's system is found in His unerring diagnosis of the human ailment. He suggested that you, yourself must achieve your liberation.

This is the path to peace for modern man. If he does not appreciate this eternal wisdom of the Buddha, he will continue to point his finger at the 'other man', as the individual who has failed to bring about peace.

The process of mutual accusation will never allow human beings to achieve liberation.

Assailed by all the frustrations of life-not necessarily only of modern life- man must look inward for the solutions. The relief is found within one's own mind. The moderns can truly admire the beauty of the Doctrine proclaimed

by the Buddha, when they concentrate on the emphasis He places upon the mind.

In the preamble to the U.N. charter, they say, that since wars occur in the mind of men, the seeds of peace too should be sown in the human mind. Remarkably enough this is exactly what the Buddha asserted in His supreme wisdom, 2550 years ago. In the opening stanza of Dhammapada (The Treasury of Truth), the Buddha states:

"Mano pubbanga ma Dhamma – Mano settha

manomaya."

(For all phenomena, the mind is foremost. Everything is made by the mind. In all things, the mind is supreme.)

This supreme statement of the Buddha, is true for all time. That is the reason that the Buddha's system is characterized as "Akalika" (timeless). For the modern world, the total solution to all its ills is found in Buddhism.

Before he delves into the depths of the Buddha's Teachings any intellectual of our time will be able to appreciate the Buddha's classification of the human condition into the Four Noble Truths.

This explains why such stalwarts as Albert Einstein and H. G. Wells have recognized the eternal quality of the Buddha's Teachings.

Modern man esteems the value of liberal thinking. The Buddha produced the most significant formula for liberated thinking 2550 years ago, in His Discourse to the Kalamas.

"Do not believe in anything (simply) because you have heard it.

Do not believe in traditions because they have been handed down for many generations.

Do not believe in anything because it is spoken and rumoured by many.

Do not believe in anything (simply) because it is found written in your religious books.

Do not believe in anything merely on the authority of your teachers and elders.

But after observation and analysis, when you find that

anything agrees with reason and is conducive to the good and benefit of one and all then accept it and live up to it."

## BUDDHA

(Anguttara Nikaya, Vol 1, 188-193 P.T.S.Ed)

As man advances in his search for intellectual perfection, he will begin to see Buddhism as the source that provides the true solution to the problems that plague man.





## S B M C PUBLICATIONS

Authored

by

**VEN. WERAGODA SARADA MAHA THERO**

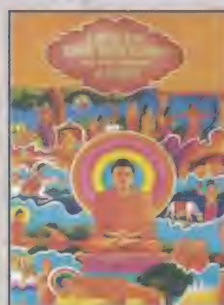


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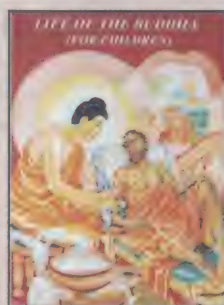
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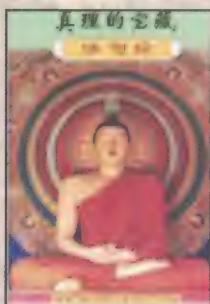
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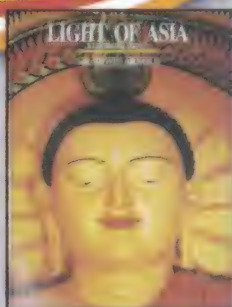
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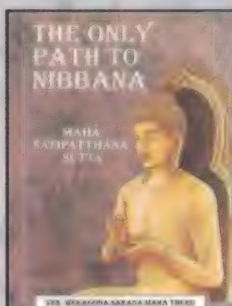




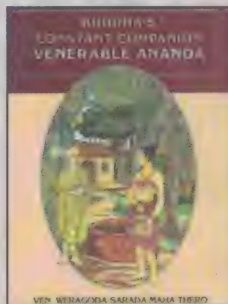
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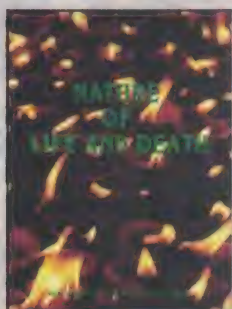
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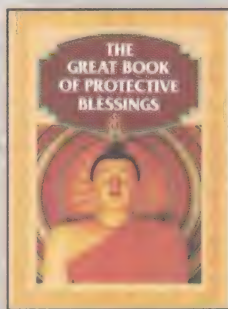
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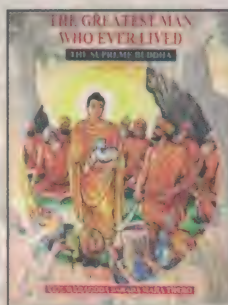
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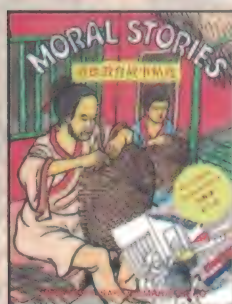
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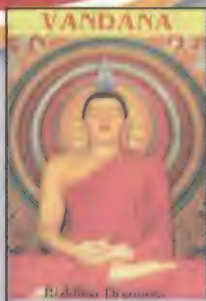


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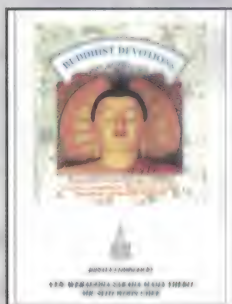




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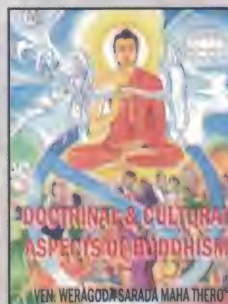
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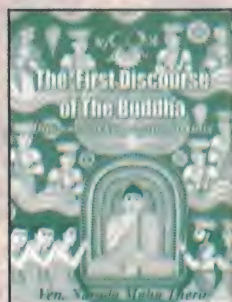
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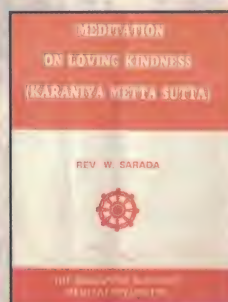
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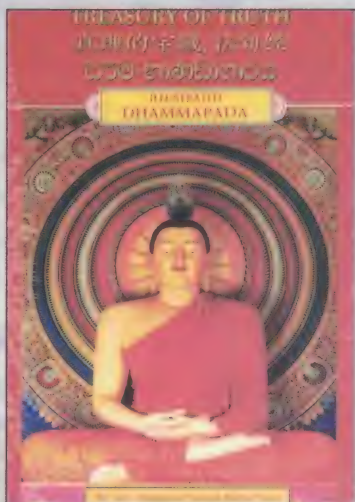
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by

Ven. Weragoda Sarada Maha Thero



### 1. Treasury of Truth – Illustrated Dhammapada

(In 3 languages: English, Chinese and Sinhala)

Recitation of the Pali Stanzas, by the author Ven. Weragoda Sarada Maha Thero, enables devotees to listen to the text, and learn the exact pronunciation of the Pali lines.

### 2. Nature of Life and Death

Recitation of the Pali Stanzas, by the author Ven. Weragoda Sarada Maha Thero

### 3. Mahamangala Sutta – The Highest Blessing

Recitation of the Pali Stanzas, by the author Ven. Weragoda Sarada Maha Thero

## Audio CDs

by

Ven. Weragoda Sarada Maha Thero



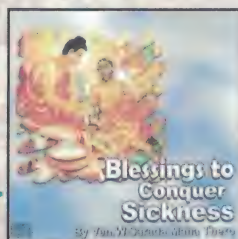
Buddhist Devotions



The Great Book of Protection



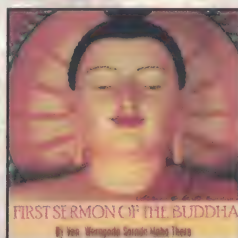
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First Sermon of the Buddha



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## Introducing The Singapore Buddhist Meditation Centre To You

The Singapore Buddhist Meditation Centre was established in 1979 with the following objectives:

- to study and propagate Buddhism
- to encourage, foster and develop the qualities of truth, compassion and to practise the Teaching of the Buddha
- to organize religious lectures
- to print Buddhist literature
- to render spiritual assistance/advice to members and the Buddhist community
- to organize social welfare services

## Our Plan to Serve You

Present activities/services

- 1) Sunday morning service and Dhamma discussions
- 2) Newmoon and Fullmoon days services
- 3) Buddhist publications
- 4) Meditation classes
- 5) Special Blessing Services
- 6) Memorial services
- 7) Children's Classes
- 8) Chanting Classes
- 9) Foster Parents Project
- 10) K. Sri Dhammananda Senior Citizens' Home, Sri Lanka

## Acknowledgements

The Singapore Buddhist Meditation Centre takes this opportunity to express its sincere thanks to:

- All distinguished guests
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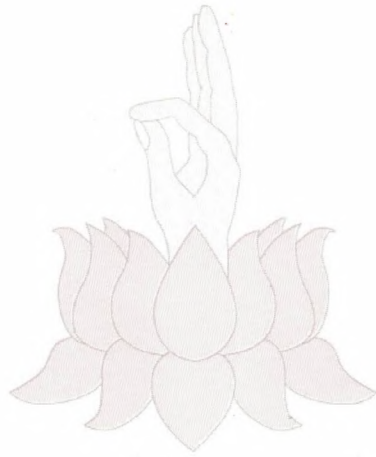


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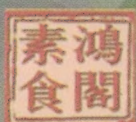
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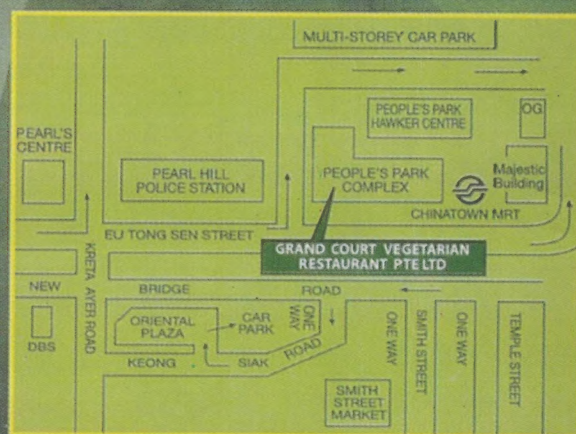
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